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How To Choose Food Diet Wisely And Typologically

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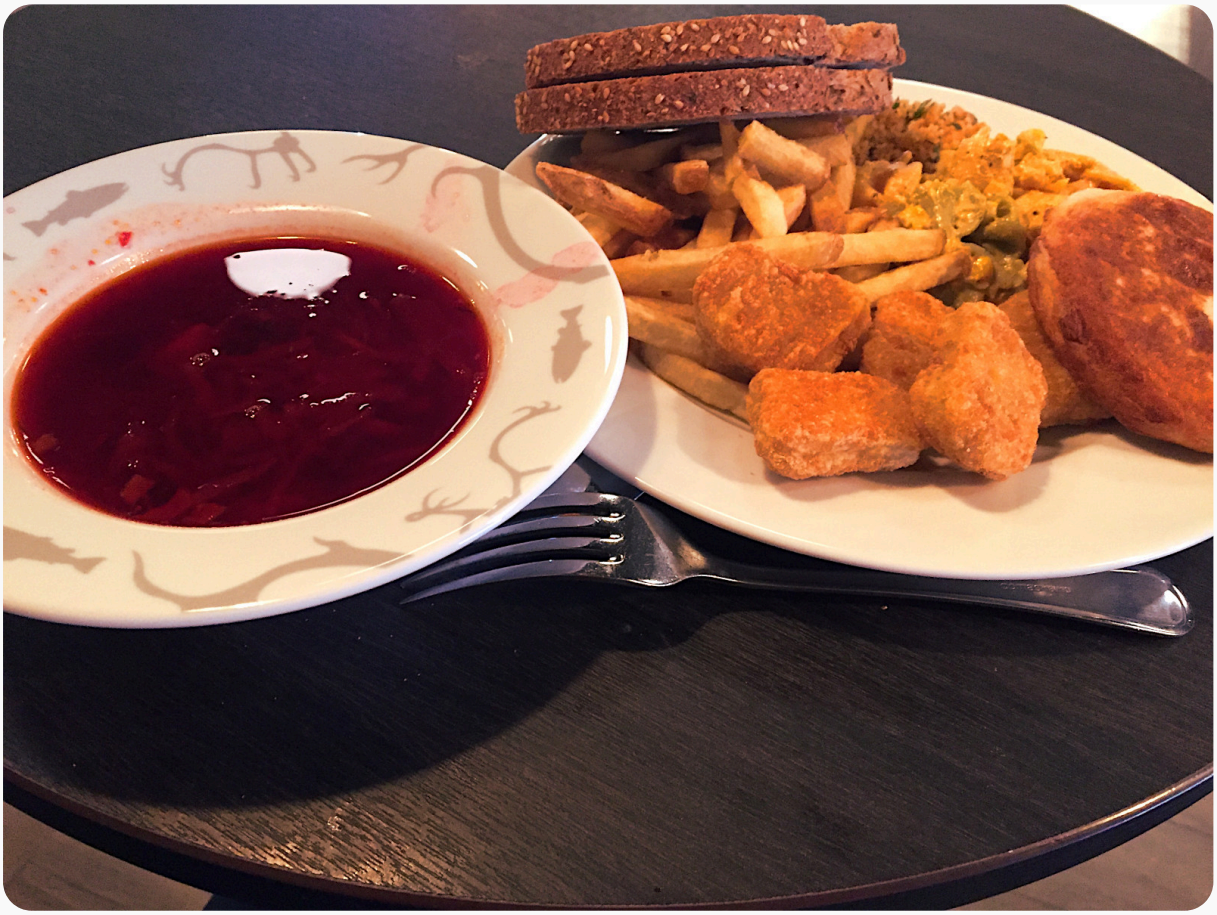

How to choose food diet typologically? Food dietetics give always the same advice for all people. But we are different. Their advice mostly depends only on such nuances like the individual health conditions.

Food Diet List For Your Personality

There some more interesting facts, that on our opinion may affect your body and health. In a few words, this is the connection of plants and food with certain innate personality types. But to start with, you need to know, that our food list is not a medical advice or recommendation of a dietician. People who suffer from allergies or any other food related diseases need to use a proper food diet in order avoid the consumption of some products from our list.

It is obvious that you do everything at your own risk. Also, we are not responsible for the quality of the products that you can buy at your market.

Before You Learn How To Pick Up Food, You Also Need To Consider Some Other Factors:

1st factor – it is not recommended to eat all the time the products that are exotic to you. That means that you should not eat the products that you and your parents didn't eat usually according to your geography or place of residence. And such food diet should be followed.

2nd factor – you should avoid to eat the same or similar products all the time. Those products may contain the same variety and amount of minerals and vitamins. Eating these products all the time may abnormally increase the amount of such vitamins and minerals in your health.

3rd factor – it is not recommended to eat often canned food or products that contain sugar, yeast, biphenyl, wax, preservatives and another different additives that may trigger your allergy and affect your health.

4th factor – many products from the list may have similar names, sorts and varieties and need to be cooked properly.

5th factor – consider using our list of food diet below

So, How To Choose Products For Certain Personalities?

Group A. DLST, ACTT, ASLT, DTCT types may consume:

- animal milk, apple, araza, artichoke, arugula, asparagus, atriplex
- hortensis, avocado, bacupari, barley, basella, basil, bay leaf, beef, bitter
- orange, blackberry, blackcurrant, blueberries, bok choy, broccoli, butter
- cabbage, cauliflower, cedar, celery, chamomile, cheese, cherry plum
- chicken, chicory, chinese cabbage, citron, coconut, colocynth, cooking
- banana, corn, corn salad, cottage cheese, chufa, clausena lansium
- cucumber, currant, cyclanthera pedata, daikon, dill, eggplant, eggs
- elephant apple, eugenia luschnathiana, endive, figs, fish oil, garlic, goat

- meat, goat milk, Good-king-Henry, gooseberry, grapes, hazelnut
- horseradish, horned melon, Jaltomata procumbens

- Jerusalem artichoke, kiwi, kohlrabi, kumquat, langsat, lemon, lentils
- lettuce, lime, luffa, maroon cucumber, melon, melothria scabra, migdal
- milk, millet, mombins, moose meat, mulberry, mung bean, muskmelon
- melon, mustard, naranjilla, nettle, oatmeal and oats, olives, onion
- papaya, parsley, parsnip, patty pan, pear, persimmon, pepper, plum
- plum cockatoo, pomelo, pork, potato, pumpkin, quinoa, quince, rabbit
- meat, rangpur, rice, savoy cabbage, screwpine, sicana, squash, swede
- sour cream, soybean, spinach, sunflower seeds and oil, tangerine
- turkey, turnip, vanilla, walnut peas, watercress, wheat, winged beans
- yellow nutsedge, zucchini, yacon

Group B. ALST, DCTT, DSLT, ATCT types may consume:

- abelmoschus, ackee, akebia, alaeocarpus, almond, amaranth, apple
- apricot, araza, arugula, atriplex hortensis, bacupari, banana, barberries
- blackthorn, beef, beetroot, bignay, bilimbi, bitter orange, blackberry
- blueberry, blueberry ash, bog bilberry, bromelia pinguin, buckwheat
- buffaloberries, butter, cabbage, caper, carambola, carissa, carrot
- cashew, caviar, chard, cheese, cherry, chestnut, chicory, chili pepper
- cloudberry, cocoa, coccoloba, coffee, colocynth, cooking banana, corn
- cornelian cherry, cottage cheese, cranberry, cryptocarya, currant
- dacryodes, dates, davidson’s plum, eggplant, eggs, feijoa, fish oil
- garden radish, garlic, genipapo, ginger, goat meat, goat milk, grapefruit
- grapes, grumichama, guava, hawthorn, heart meat, honeysuckle
- jabuticaba, jackfruit, java apple, Jerusalem artichoke, kumquat, langsat
- lemon, lentil, lettuce radicchio, lingonberry, liver, lupine

- lychee, madras thorn, madrones, mandarin melon berry, mango mangosteen, mamey sapote, melinjo, milk, mombins, mulberry
- muntingia calabura, muskmelon or melon, mustard, nanche, nectarine
- onion, orange, passionflower, passion fruit, pawpaw, peach, peanut
- peanut butter fruit, pistachios, pitaya, plum, Phytolacca americana
- pomegranate, poppy, pork, potato, prunus salicifolia, pumpkin, quince
- quinoa, rabbit meat, radish, radicchio, rambutan, rangpur, raspberry
- rhodomyrtus, rhubarb, rose-apple, rubus, rubus arcticus, salacca, salak
- santol, screwpine, shadbush, sicana, solanum betaceum, sour cream
- squash, sugar apple, sunflower seeds and oil, strawberry, sweet cherry
- syzygium, tamarind, tangerine, theobroma grandiflorum, tomato

- turmeric, ugni molinae, ullucus, watermelon, wheat, yacon

Group C. ALTT, DCST, DTLT, ASCT types may consume:

- ackee, akebia, alaeocarpus, almond, amaranth, artichoke, apricot
- arugula, asparagus, atriplex hortensis, avocado, barberry, barley
- basella, basil, Bay leaf, blackthorn, beetroot, bilimbi, blackberry
- blueberry, blueberry ash, bog bilberry, broccoli, buckwheat
- buffaloberries, butter, caper, cashew, cassava, celery, chard, cheese
- cherry, cherry plum, chicken, chicory, chinese artichoke, cloudberry
- cocoa, coconut, coffee, common fig, field salad, cranberry, cucumber
- cynara, dacryodes edulis, Davidson's plum, dog-rose, dogwood
- eggplant, feijoa, fish oil, garden radish, garlic, ginger, goat meat, goat
- milk, Good-king-Henry, gooseberry, grapefruit, grapes, guava, hare
- hazelnut, heart meat, honeysuckle, ketembilla, kiwi

- kohlrabi, lentils, lime, liver, Lonícera caeruléa, lupine, mango
- mangosteen, melinjo, mombins, moose meat, mulberry, mung bean
- muntingia, muntingia calabura, nectarine, onion, olives, parsley, parsnip
- passion fruit, pawpaw, peach, peanut, peanut butter fruit, peas, pepper
- pine nut, pistachios, pitaya, plum, plum cockatoo, pokeweeds
- pomegranate, pomelo, poppy, prunus salicifolia, quince, quinoa, rabbit
- meat, radicchio, rambutan, raspberry, red cabbage, rhubarb, rice, rose
- hip, rubus, rubus arcticus, rutabaga, salacca, savoy cabbage
- shadbush, sour cream, soybean, strawberry, sugar apple, sweet cherry
- syzygium, thymes, tomato, turkey, ugni molinae, vanilla, velvet bean
- violet and red potato, walnut, spinach, watermelon, wild strawberries
- winged beans, zucchini

Group D. DLTT, ACST, ATLT, DSCT types may consume:

- abelmoschus, ackee, almond, animal milk, apricot, araza, arugula
- asparagus, atriplex hortensis, avocado, bacupari, banana, barberry
- barley, Bay leaf, beef, beetroot, bilimbi, bitter orange, blackcurrant, boar
- meat, bok choy, broccoli, buckwheat, buffaloberries, burmese grape
- cabbage, carambola, carrot, cashew, caviar, celery, chamomile, chard
- cheese, cherry, chestnut, chicken, citron, clausena lansium, cloudberry
- cocoa, coconut, coffee, colocynth, cooking banana, corn, corn salad
- cottage cheese, cranberry, cucumber, daikon, dates, dog-rose, eggs
- endive, eugenia luschnathiana, feijoa, fish oil, genipapo, ginger, Good-king-Henry, grapefruit, grumichama, guava, heart meat, horned melon

- jabuticaba, jackfruit, jaltomata procumbens, Jerusalem artichoke

- kiwi, kumquat, langsat, lemon, lentils, lime, lingonberry, liver, luffa madrones, maroon cucumber, mandarin, mango, mangosteen, melothria
- scabra, milk, millet, mombins, muntingia calabura, muskmelon or melon
- mulberry, mustard, nectarine, nettles, onion, papaya, parsley, parsnip
- patty pan, pawpaw, peach, pineapple, peas, peanut butter fruit, peanut
- pear, pepper, pitaya, pokeweeds, pomegranate, pomelo, poppy, pork
- potato, prunus salicifolia, pumpkin, quince, radicchio, radish, rambutan
- rangpur, raspberry, rhubarb, rice, roe, rose-apple, salacca, salak
- sapote, screwpine, sicana, sizigium, sour cream, spinach, squash
- strawberries, sugar apple, sunflower seeds and oil, sweet cherry, sweet
- potato, tamarind, tangerine, theobroma grandiflorum, tomato, turkey
- turmeric, turnip, ugni molinae, ullucus, vanilla, vegetable marrow
- walnut, watermelon, wheat, wild strawberries, wood-apple, zucchini yacon

The food products that is not in the list are presumably associated with an individual intolerance to certain organisms. We assume that this is due to their genetic compound. The consumption of such unwanted products during a long period, probably may have an impact on a metabolism and cause allergy or other adverse reactions which we are still studying.

In order to know your personality type (DCST, DTLT etc.) correctly, you can order our test here.

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